FACULTY DETAILS PROFORMA

Title	DR	First Name	NEERA	Last Name		Photograph
Designation		Assistant Professor				
Address: (Office)		Aryabhatta College, Benito Juarez Marg, University of Delhi.				
*Address: (Residence)		W/o Rajesh Kapoor House No.6, Street No. 11 New Lahore Extension Near SDM Office Shastri Nagar. New Delhi-110031				
Phone No	Official					
	*Residence					
Mobile number		9910862046				
E-mail		neera@aryabhattacollege.ac.in				
Web-Page						

Educational Qualifications:		
Degree	Institution	Year
Ph.D.	Patna University	2011
M.Phil.	-	-
P.G.	Patna University	2004
U.G.	Patna University	2002
B.Ed	Patna Women's College, Patna University	2008
M.Ed	Patna Training College, Patna University	2009

Career Profile

- Joined as a Permanent Assistant Professor in the Department of Psychology, Aryabhatta College, University of Delhi. (May 2023)
- Assistant Professor in the Department of Psychology, Aryabhatta College, University of Delhi. (August 2018-April 2023)
- Worked as an Assistant Professor in the Department of Psychology, Zakir Hussain Delhi College, University of Delhi. (August 2016 - 2018)
- Worked as an Assistant Professor in the Department of Psychology, Vivekananda College, University of Delhi.
- Worked as an Assistant Professor in the Department of Psychology in Gargi College, University of Delhi.

- Worked as an Assistant Professor in the Department of Education, Lingaya University, Faridabad.

Administrative Assignments

- Working as Teacher-in-charge of the Department of Psychology (2026-2027)
- Departmental Representative in the Admission Committee (2026-2027)
- Departmental Representative in the Multidisciplinary Committee (2026-2027)
- Working as a SEC Coordinator in the Multidisciplinary Committee (2026-2027)
- Member of Gandhi Study Circle (2026-207)
- Worked as the In-Charge of the Srijan, Students' Society of the Department of Psychology and organised different activities, workshops and Lectures, 2024-2025 & 2025 – 2026.
- Worked as a Departmental Representative in the Timetable Committee and Timetable In–charge of the Department of Psychology (2024-2025 & 2025-2026).
- Worked as a Departmental Representative in the Library Committee (2025-2026).
- Worked as a member of the Function Committee (2025-2026).
- Worked as a member of the Environment and Aesthetics Society (2025-2026).
- Worked as a Departmental representative for the data collection in the India Today Committee (2025-2026).
- Worked as a convenor of the NAAC Criteria – 4 for the AQAR Data Collection and Submission (2024-2025)
- Worked as a Convenor of the College Dance Society (Laasya & Wavetrix), 2024-2025.
- Worked as a member of the NAAC Committee for Criteria – 1 (2023-2024).
- Worked as a member of the NIRF Committee, specifically to collect data of higher education of Department of Psychology (2022-2023).
- Worked as a member of the India Today Ranking Committee, specifically to collect research-related data of faculty members (2022-2023).

- Worked as a member of the organizing committee of ICSSR National Seminar on Vishwa Guru Bharat: Use of Indian Knowledge in Developing Interventions and Innovations for Contemporary World in association with Bharatiya Shikshan Mandal, Delhi Prant from 13-14th December 2022

- Worked as a member of SSR Review Committee for NAAC Assessment (2021) at Aryabhatta College, University of Delhi.

- Worked as a member, Criteria 2 and Criteria 4 (SSR) for NAAC Assessment (2021) at Aryabhatta College, University of Delhi.

- Member of a Psycho-Social help desk of the college to provide Guidance and Assistance to Teaching and Non-teaching members and also to the students, 2021.

Areas of Interest / Specialization

1. Educational Psychology
2. Social Psychology
3. Developmental Psychology

Subjects Taught

1. Social Psychology
2. Gender Psychology
3. Social Behaviour and Group Interaction
4. Psychology and Community
5. Intergroup Relations
6. Developmental Psychology
7. Culture and Psychology

Research Guidance (Dissertation/Academic Project)

- ***List of Academic Projects***

- Aditi Singh and Vanshika Khari (2026): The Red Flag Effect: How Online Depictions of Love Shape Attitudes Toward Relationships in Young Adults.

- ***List of Dissertations***

- Kashish Gupta (2026): Love in Transition: Navigating Attachment Styles among Indian Transgender Youth.

- Monish Vijay (2026): Interplay between Body Image Dissatisfaction, Perceived Social Support and State Anxiety: A Moderation Analysis.

- Yashna Kar (2026): Transmission of Financial Cognition and Behaviour and Its Impact in the Indian Context

- Sumit Singh (2026): Time management in NCC activities and its Influence on stress and academic success

- Charu Sahu (2024): Echoes of Fathers' Absence: Qualitative Enquiry into Young Adults' Lives with Absent Fathers.

- Dhairya Mohla (2023) – Men are Stoic, or Are They? Expressive Suppression in Men and Its Relation to Masculine Gender Roles: A Cross-Generational Analysis.

- P.Siva Tharini (2021) - Barriers Faced by Young Men in Seeking Professional Help for Mental Health Concerns.

- Khushboo Arora (2020) - A Correlational Study of Gratitude and Forgiveness in Relation to Different Personality Traits among College Students.

- Vasudha Saigal (2019) - A Correlational Study of Gratitude and Forgiveness in Relation to Different Personality Traits among College Students.

Publications Profile

- Neera (2024). Triangulating Altruism: Gender Differences in Young Adults' Beliefs and Practices. International Journal of Applied Social Sciences, 2024.

- Neera (2024). Power Within or Fate's Hand? A Study on the Correlation Between Self-Esteem and Locus of Control. *Annals of the Bhandarkar Oriental Research Institute. ISSN: 0378-1143 Vol. CI, Issue-9, 2024.*

- Mohla, D & Neera (2023). Men are Stoic, or are They? : Emotional Suppression in Men and its Relation with Masculinity. *The International Journal of Indian Psychology*, 2023.

- Neera & Sivatharini, P (2021). Barriers Faced By Young Men in Seeking Professional Help for Mental Health Concerns. *International Journal of Advance Research and Innovative Ideas in Education*, 7(5), 1156-1161.

- Neera & Thangbiakching (2020). Understanding Social Validation As A Process and Lived Experience Among College-Going Students in Delhi. *International Journal of Advance Research and Innovative Ideas in Education*, 6(3), 1222-1229.

- Neera (2019). An Interpretive Phenomenological Analysis of Child-Centered Education in Indian Perspective. *Behavioural Scientist,* 20 (1),37-50.

- Neera (2017). An Experimental Analysis of Social Influence Related to Conformity. *The Asian Journal of Psychology & Education,* 50(3),2-12.

- Neera (2017). Role of Hardship in Inner Growth and Resilience Development: An Analytical Study. *International Journal of Social Science & Management Studies,* 2, (4), 72-78.

- Neera (2017). Attitude towards Mental Illness. *Swadeshi Research Foundation- A Quarterly Journal of Multidisciplinary Research,* 4 (2), 5-14.

- Neera (2012). Role of Gender in Risk-Taking Behavior. *Shodh Drishti,* 3(5), 141-143.

- Neera (2012). A Comparative Study of Dependence- Proneness in Under Graduate and Post- Graduate Students of Patna University. *Anushilana,* XLV,117-120.

- Neera (2012). Dependence Proneness Among Male And Female College Student : A Comparative Study. *Behaviurometrics,* 29(1&2),66-68.

Conference Organization/ Presentations

- Organized a Workshop on ***Movement-Based Express Art Therapy by Ms Sophia Ali during Psygala (April 2026).***

- Organized a Lecture by the ***Head of Department (Psychology), Prof Urmi Nanda Biswas on the topic Access to Services- Mental Health in Catastrophes and Emergencies*** (October 2025)

- Organized a Lecture by ***Dr Itisha Nagar on the Topic Understanding Neurodiversity: Different but Equal during Psygala(April 2025).***

- Organized a workshop by ***Prof N.K Chadha on the topic Ensuring Success in Career: Resume v/s Interview*** (February 2025)

- Organized an ***Alumni session*** and invited Alumni students to talk about career opportunities. (February 2025)

- Organized a talk session by Prof Navin Kumar on the ***topic Mental Health and Well-Being: Eastern and Western Perspective*** (November 2024)

- Organised a Lecture by Dr Vibhuti Gupta on the topic ***Now It's Time to Prioritise Mental Health at the Workplace*** during Mental Health Awareness Week (October 2024).

- Organised a Workshop on Mental Health at the workplace by Ms. Mahika Sharma (RCI Registered Psychologist) during Mental Health Awareness Week (October 2024).

- Organized an ***Interactive Session: Let's Talk About Well-Being at the Workplace by Dr Ananya Sengupta (Certified Life Coach***) during Mental Health Awareness Week (October 2024)

- Paper Presented on Sustainable Development at Swadeshi Jagaran and Swadeshi Research Foundation, 2016, Jabalpur, Madhya Pradesh.

- Paper Presented on Dr Bhimrao Ambedkar, Social and Economic Thoughts, at Vikramaditya Mahavidyalaya, 2016, Jabalpur, Madhya Pradesh

- Paper Presented on the Challenges of elderly life and Intervention for Socio-Economic Empowerment of Elderly at Mata Sundari College for Women, 2016, University of Delhi.

- Paper Presented on Female Literacy in Bihar: Progress, Future Prospects and its Psycho-Social Impact at Ganga Devi Mahila College, 2013, Patna.

- Paper Presented on the Women's Reservation in Democracy: The Strongest Media for Women Empowerment at Laliteshwar Prasad Shahi College, 2012, Patna.

- Paper Presented on the Application of ICT for Quality Enhancement in Teacher Education at St.Xavier's College of Education, 2012, Patna.

- Paper Presented on the Present education problems and right to information Act, Banaras Hindu University, 2011, Varanasi.

Research Projects (Major Grants/Research Collaboration)
Awards and Distinctions
Association with Professional Bodies

FACULTY DETAILS PROFORMA

Other Activities

- Completed Online Workshop on AI-Driven Research and Qualitative Data Analysis organized by the Resilient Foundation for Academic Innovation and Scientific Research, New Delhi, 20th April – 24th April 2026.

- Completed Rashtriya Karmyogi Large Scale Jan Seva Program provided by the Capacity Building Commission with Knowledge Partner- Illumine Knowledge Resources on 30th March 2026.

- Completed Faculty Development Program on Indian Astronomy organized by Indian Knowledge System (IKS) Division of Ministry of Education, Govt. of India, New Delhi in collaboration with Aryabhatta College, University of Delhi.

- Completed a one-week online workshop on Qualitative and Quantitative Data Analysis using SPSS and R organized by Mata Sundri College for Women, University of Delhi, in collaboration with Vidushi Samooh, Delhi Prant from 7th October 2025 to 13th October 2025.

- Completed online Refresher course on "Holistic Empowerment for Stress Management: A Multidisciplinary Approach Integrating Literature, Arts, Social Science and Medicine" under Malaviya Mission Teachers' Training Programme organized by MM-TTC: Ramanujan College, Delhi, in collaboration with Atma Ram Sanatan Dharam College, University of Delhi, from 2nd July 2025 to 14th July 2025.

- Completed the Online Training Programme on "NEP 2020 Orientation & Sensitisation Programme" (02nd April – 12th April, 2024) under Malaviya Mission Teacher Training Programme (MM-TTP) of University Grants Commission (UGC) organised by Mahatma Hansraj Malaviya Mission Teacher Training Centre (MH-MMTTC), Hansraj College, University of Delhi.

- Completed the 20-day Certificate Course (40 hours)/Refresher Course on Shrimad Bhagavad Gita: Enlightenment and Relevance organized by BHĀRATAM - Bhārtīya Gyān Paraṁparā: Adhyayan, Adhyāpan Evam Anusaṁdhān Kendra, held from 22 December 2023 to 10 January 2024.

- Completed the Faculty Induction Programm/Orientation Course, 22nd June 2023 – 21st July 2023 at Teaching Learning Centre, Ramanujan College, University of Delhi and under the aegis of the Ministry of Human Resource Development, Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching.

- Completed the Interdisciplinary Refresher Course on "Advanced Research Methodology" from 22nd May 2023 – 5th June 2023 and obtained Grade – A+ at Teaching

Learning Centre, Ramanujan College, University of Delhi and under the aegis of the Ministry of Human Resource Development Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching.

- Completed the two-week Faculty Development Programme on "Enhancing Psychological Skills for Teaching and Practice" from 15th September – 29th September 2020 and obtained Grade – A at Teaching Learning Centre, Ramanujan College, University of Delhi and under the aegis of the Ministry of Human Resource Development, Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching.

- Completed Faculty Development Programme on Applied Psychological Perspective of Well–Being from 22nd June – 27th June 2020 at Amity University, Uttar Pradesh.